

Derrivanut 24:7 Gym

CAROLINE SPRINGS

REFORMER PILATES TIMETABLE

MIND AND BODY ROOM (REFORMER PILATES)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:00 AM							
6:30 AM	CLAUDIA	CLAUDIA	CECILIA	CECILIA	CLAUDIA	IVA	
7:00 AM							AYA
7:30 AM	CLAUDIA	CLAUDIA	CECILIA	CECILIA	CLAUDIA	IVA	
8:00 AM							AYA
8:30 AM	CLAUDIA	CLAUDIA BEGINNER	IVA	CECILIA	CLAUDIA	IVA	
9:00 AM							AYA
9:30 AM	CLAUDIA BEGINNER	CLAUDIA	IVA	CECILIA	CZARINA	IVA	
10:00 AM							AYA
10:30 AM	CLAUDIA	CLAUDIA	IVA	CZARINA	CZARINA	IVA	
11:00 AM							AYA
11:30 AM	CLAUDIA	CLAUDIA	IVA	CECILIA	IVA	ATHLETIC 12	
12:00 PM							CARDIO BLAST 18
12:30 PM	CLAUDIA	CLAUDIA	CECILIA	CECILIA	IVA	ARMS & BACK 15	
1:00 PM							ARMS & BACK 14
1:30 PM	CLAUDIA BEGINNER	CLAUDIA	CECILIA	CECILIA	IVA	CARDIO BLAST 16	
2:00 PM							ATHLETIC 29
2:30 PM	ATHLETIC 12	BEGINNER FULL BODY 8	CORE 21	LEVEL 2 FULL BODY 20	LOWER BODY 18	BEGINNER FULL BODY 1	
3:00 PM							CORE 11
3:30 PM	CARDIO BLAST 17	LEVEL 1 FULL BODY 12	CARDIO BLAST 19	CORE 13	BEGINNER FULL BODY 3	LEVEL 1 FULL BODY 16	
4:00 PM							LEVEL 2 FULL BODY 16
4:30 PM	LEVEL 1 FULL BODY 22	JANEL	BEGINNER FULL BODY 6	LEVEL 2 FULL BODY 16	CECILIA	LEVEL 2 FULL BODY 20	
5:00 PM							CORE 6
5:30 PM	CZARINA	JANEL	CZARINA	LUCY	CECILIA	ATHLETIC 26	
6:00 PM							ATHLETIC 4
6:30 PM	CZARINA	JANEL	CZARINA	LUCY	CECILIA	CORE 23	
7:00 PM							LEVEL 1 FULL BODY 22
7:30 PM	CZARINA	JANEL	CZARINA	LUCY	CECILIA	LEVEL 2 FULL BODY 16	
8:00 PM							LEVEL 2 FULL BODY 17
8:30 PM	CZARINA	ATHLETIC 25	CZARINA	LUCY	LEVEL 2 FULL BODY 11	ATHLETIC 28	

■ FACE TO FACE
 ■ BEGINNER - VR
 ■ ARMS & BACK - VR
 ■ LOWER BODY - VR
■ LEVELS - VR
 ■ ATHLETIC - VR
 ■ CORE - VR
 ■ CARDIO

*TIMETABLE SUBJECT TO CHANGE. CLASSES WILL NOT RUN WITH 4 PEOPLE OR LESS. MINIMUM AGE OF ENTRY IS 14 YEARS OLD. CHILDREN FROM THE AGES OF 14-16 MUST BE SUPERVISED BY AN ADULT. PLEASE ALSO NOTE ENTRY INTO A CLASS CAN BE REFUSED AT THE INSTRUCTORS DISCRETION FOR ALL LATE COMERS WHO HAVE MISSED WARM UP.